PRO-FORM®
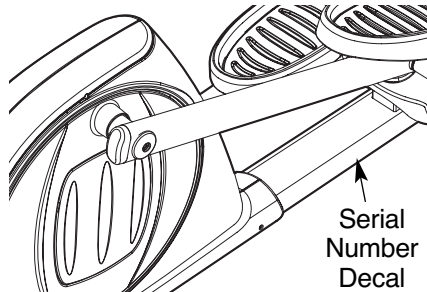# Epic 1200 Pro

Model No. PFEL07807.1
Serial No. _____

Write the serial number in the space above for reference.

Serial
Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:
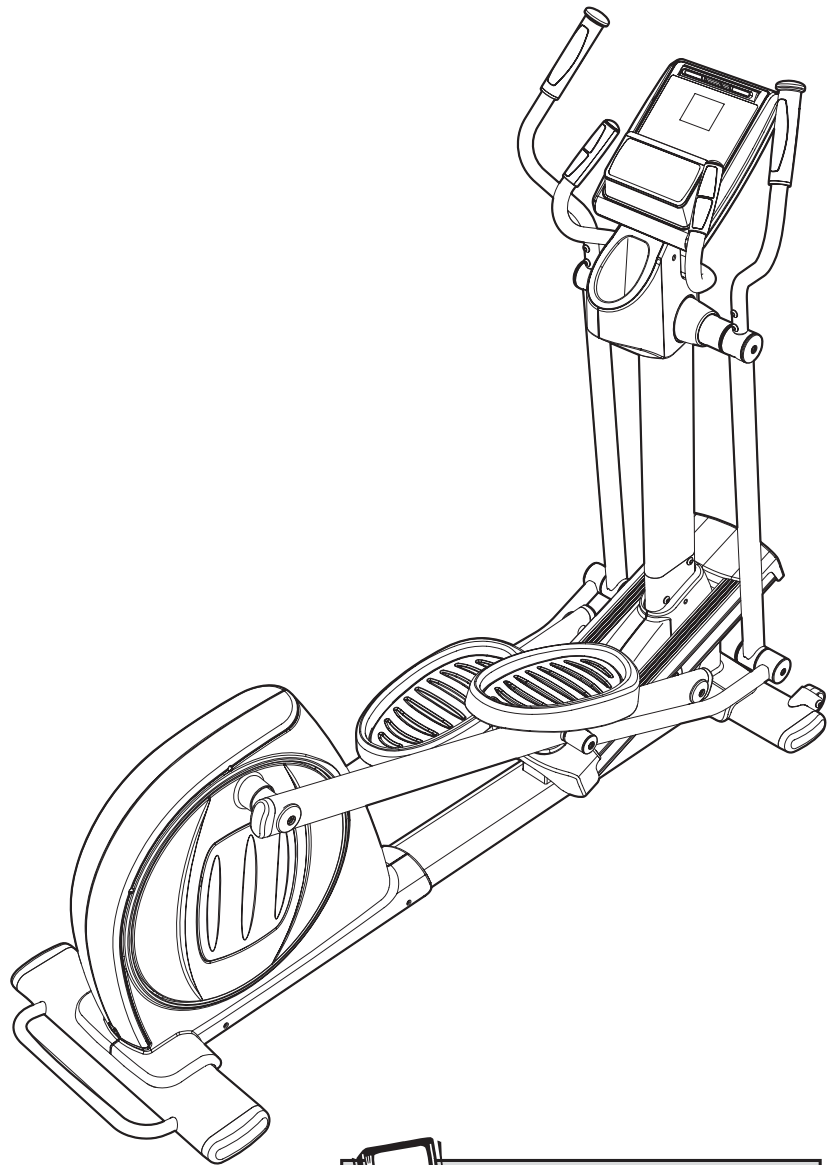
CALL TOLL-FREE:

1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–4 p.m. MST

ON THE WEB:
www.proformservice.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

⬛ Visit our website at

www.proform.com
new products, prizes,
fitness tips, and much more!

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.

⚠️**WARNING**

• Misuse of this machine may result in serious injury.

• Read user's manual prior to use and follow all warnings and instructions.

• Do not allow children on or around machine.

• Pedals continue to spin when you stop pedaling.

• Spinning pedals can cause injury.

• Reduce pedal speed in a controlled manner.

• User weight must not exceed 350 pounds.

• Replace label if damaged, illegible, or removed.

PROFORM is a registered trademark of ICON IP, Inc.
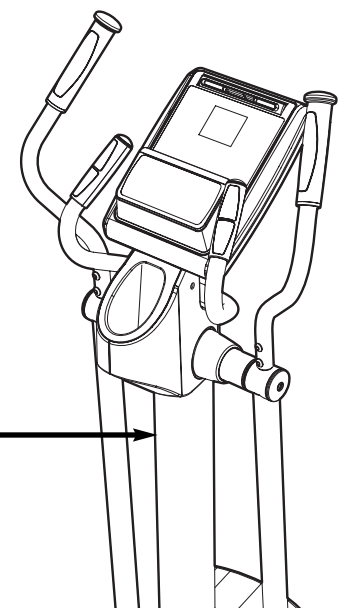
IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.

4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from your elliptical exerciser at all times.

7. Your elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).

8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.

9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.

10. Keep your back straight while using your elliptical exerciser; do not arch your back.

11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

12. When you stop exercising, allow the pedals to slowly come to a stop.

13. If you feel pain or dizziness while exercising, stop immediately and cool down.

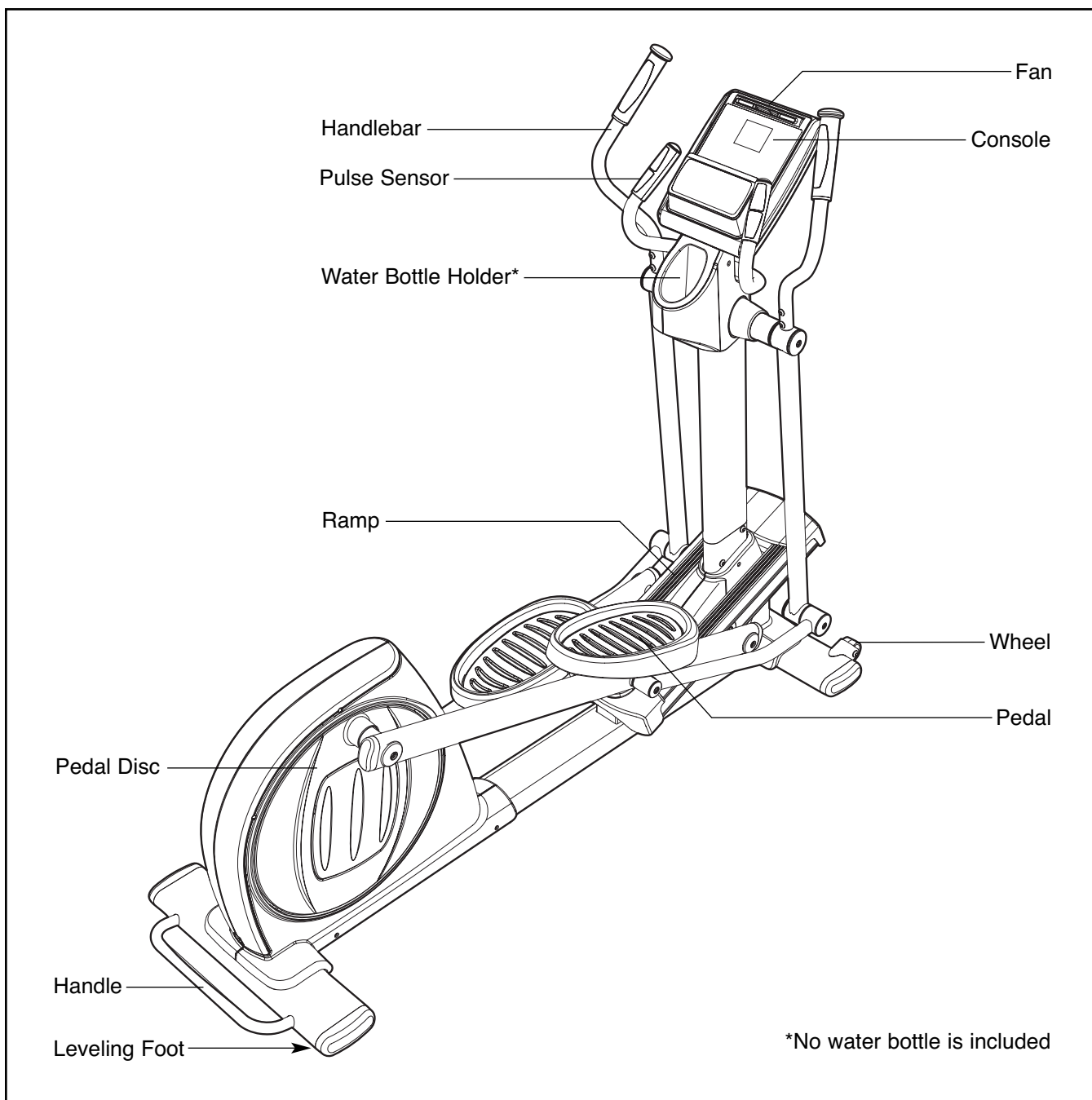14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

Congratulations for purchasing the revolutionary PROFORM® EPIC 1200 PRO elliptical exerciser. The EPIC 1200 PRO elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front

cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Handlebar

Pulse Sensor

Water Bottle Holder*

Ramp

Pedal Disc

Handle

Leveling Foot

Fan

Console
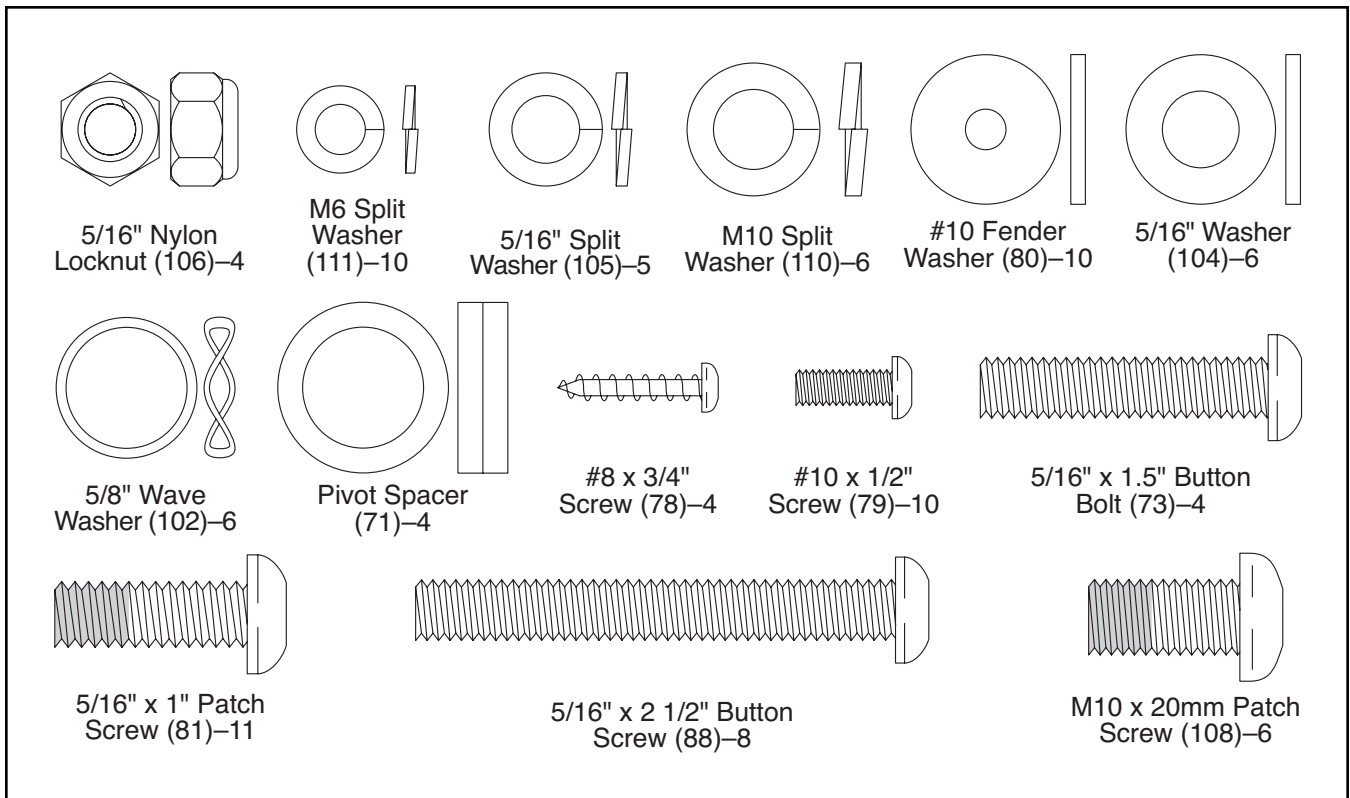
Wheel

Pedal

*No water bottle is included

ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own Phillips screwdriver ⬤▭▭▭◁ , adjustable wrench ⬤▭◁ , and rubber mallet ▭▭▭▢ .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**

|					
5/16" Nylon Locknut (106)–4	M6 Split Washer (111)–10	5/16" Split Washer (105)–5	M10 Split Washer (110)–6	#10 Fender Washer (80)–10	5/16" Washer (104)–6
5/8" Wave Washer (102)–6	Pivot Spacer (71)–4	#8 x 3/4" Screw (78)–4	#10 x 1/2" Screw (79)–10	5/16" x 1.5" Button Bolt (73)–4	
5/16" x 1" Patch Screw (81)–11		5/16" x 2 1/2" Button Screw (88)–8		M10 x 20mm Patch Screw (108)–6	

1.

To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

With the help of another person, place two packing inserts from the packing material under the rear of the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical exerciser to prevent it from moving from side to side until this step is completed.**

Attach the Rear Stabilizer (3) to the Frame (1) with four 5/16" x 2 1/2" Button Screws (88). Then, remove the packing inserts and lower the Rear Stabilizer.
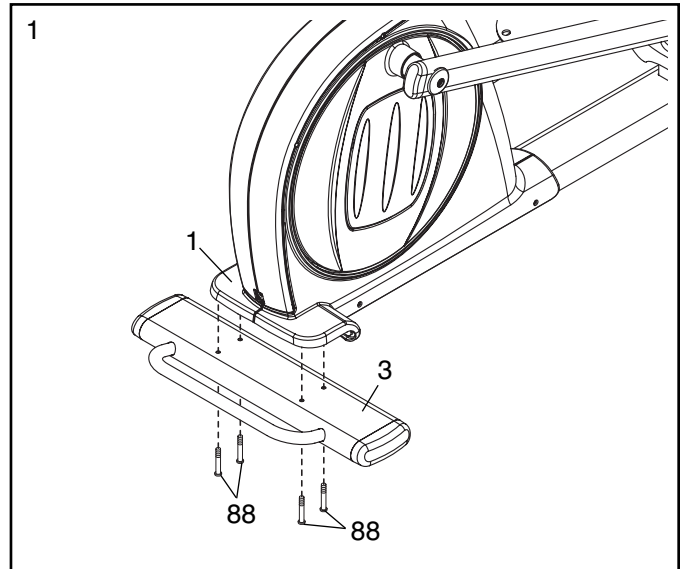
2. With the help of another person, place two packing inserts under the Frame (1) so that the Frame is lifted off the floor. **Have another person hold the elliptical exerciser to prevent it from moving from side to side until this step is completed.**

Attach the Front Stabilizer (2) to the Frame (1) with four 5/16" x 2 1/2" Button Screws (88). Then, remove the packing inserts and lower the Front Stabilizer.
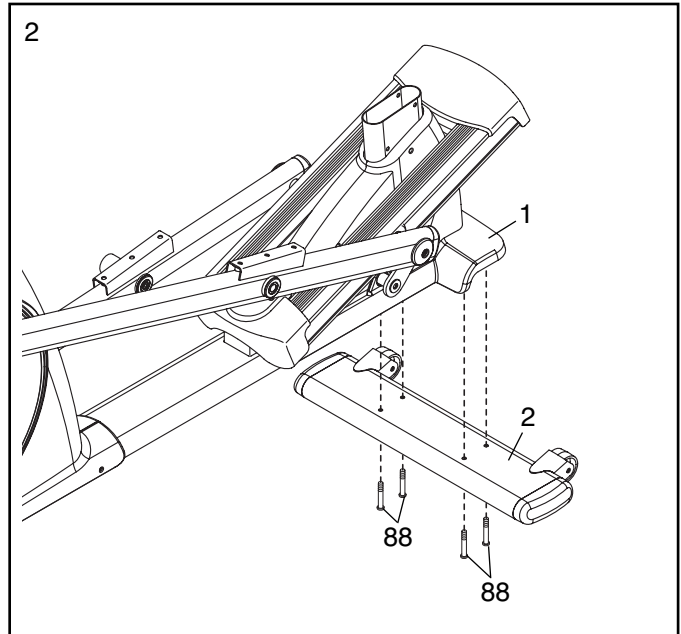
3. **Tip: Be careful not to pinch the Wire Harnesses (97, 54) during this step. Start all screws before tightening any of them.**

While a second person holds the Upright (6) near the Frame (1), connect the Upper Wire Harness (97) to the Lower Wire Harness (54).

Attach the Upright (6) to the Frame (1) with five 5/16" x 1" Patch Screws (81) and five 5/16" Split Washers (105).

Avoid pinching the Wire Harnesses (97, 54) during this step
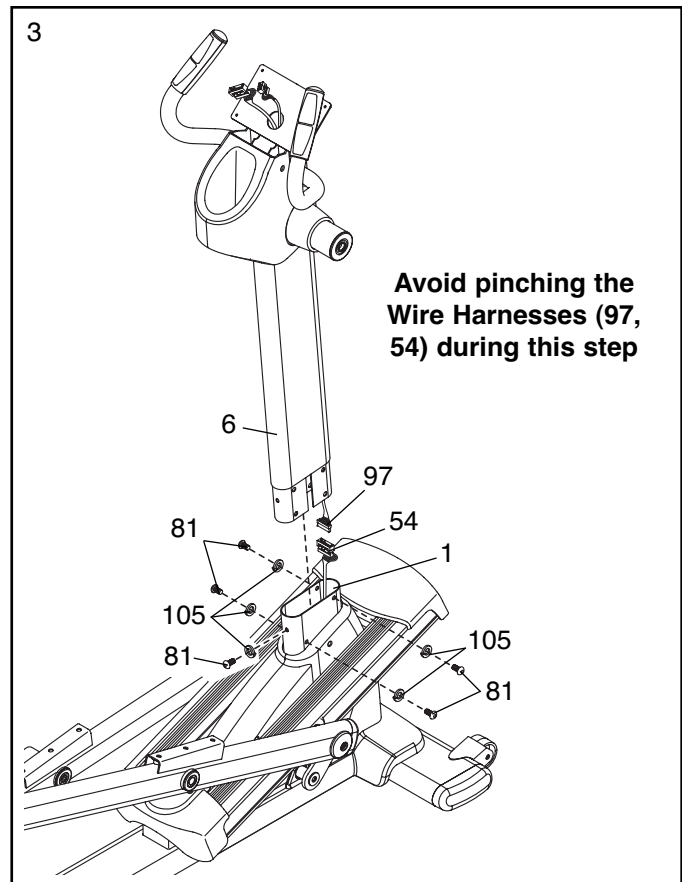
4. Apply a generous amount of the included grease to the Pivot Axle (33) and to two 5/8" Wave Washers (102).

Tip: Avoid pinching or damaging the Upper Wire Harness (97). Insert the Pivot Axle (33) through the Upright (6). Then, slide a 5/8" Wave Washer (102) onto each end of the Pivot Axle.

Slide an Upper Body Arm (12) onto the left side of the Pivot Axle (33). Attach the Upper Body Arm with a 5/16" x 1" Patch Screw (81), a Large Axle Cover (94), and a 5/16" Washer (104).

Attach the other Upper Body Arm (12) in the same way.
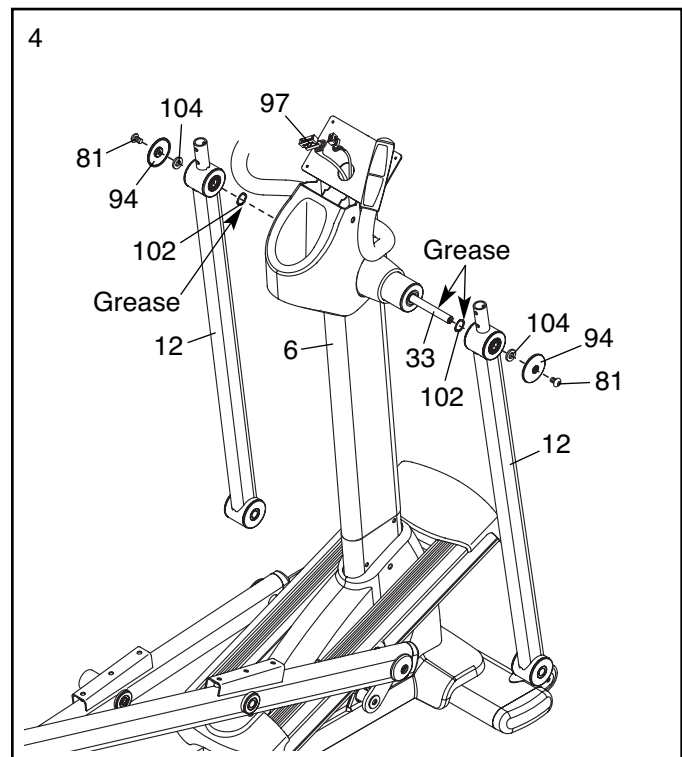
5. Identify the Right Pedal Plate (107), which is marked with an "R" sticker. Attach the Right Pedal Plate to the Right Pedal Arm (8) with three M10 x 20mm Patch Screws (108) and three M10 Split Washers (110).

Identify the Right Pedal Assembly (62), which is located in a package marked with a "Right" sticker. Attach the Right Pedal Assembly to the Right Pedal Plate (107) with five #10 x 1/2" Screws (79), five M6 Split Washers (111), and five #10 Fender Washers (80). **Tip: To avoid damaging the Pedal, do not overtighten the Screws.**

Repeat this step for the Left Pedal Plate (not shown) and the Left Pedal Assembly (56).
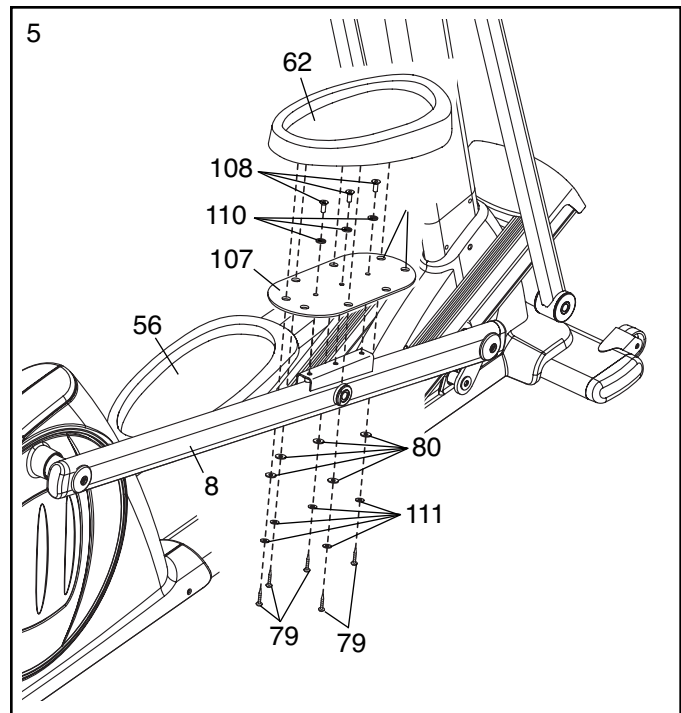
6. Identify the Right Link Arm (10), which is marked with a "Right" sticker. Apply a small amount of grease to the axles on the Right Link Arm and to two 5/8" Wave Washers (102). Then, slide a Pivot Spacer (71) and a Wave Washer onto each axle.

At the same time, slide the Right Link Arm (10) into the right Upper Body Arm (12) and into the Right Pedal Arm (8).

Attach the Right Link Arm (10) to the right Upper Body Arm (12) with a 5/16" x 1" Patch Screw (81), a Large Axle Cover (94), and a 5/16" Washer (104).

Then, attach the Right Link Arm (10) to the Right Pedal Arm (8) with a 5/16" x 1" Patch Screw (81), a Small Axle Cover (67), and a 5/16" Washer (104).

Repeat this step on the other side of the elliptical exerciser.

Tip: If you have a hard time working the Link Arms (10, 11) all the way into the Upper Body Arms (12) and the Pedal Arms (8, 9), try working them in halfway and then tightening the 5/16" x 1" Patch Screws (81) to pull them the rest of the way in.
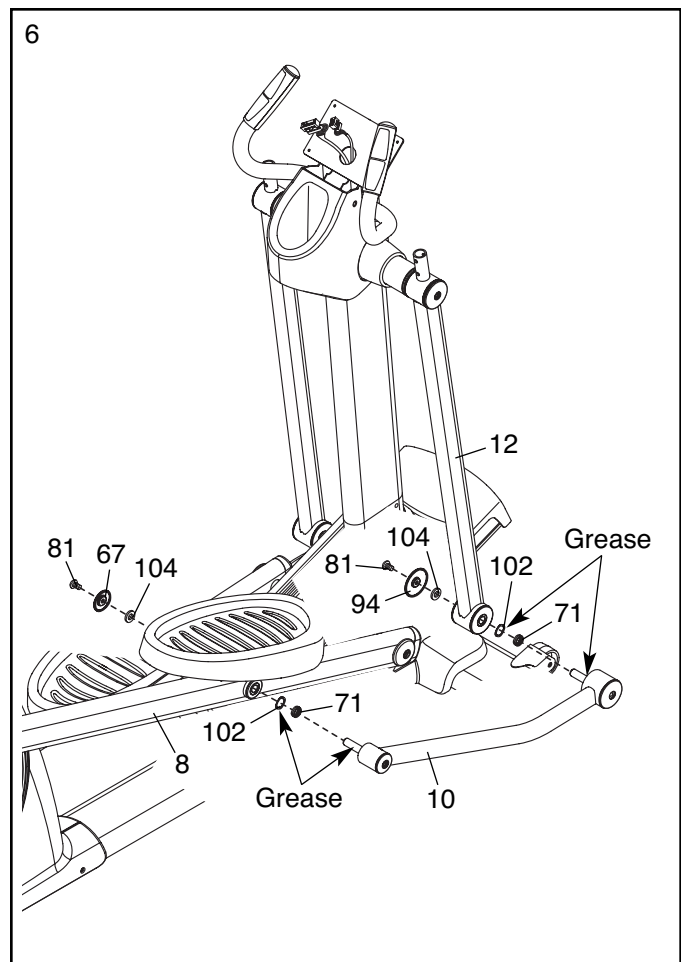
7. While a second person holds the Console (60) near the Upright (6), connect the console wire to the Upper Wire Harness (97). Then, connect the console pulse wire to the Hand Pulse Wire (65). Insert the excess wire downward into the Upright.
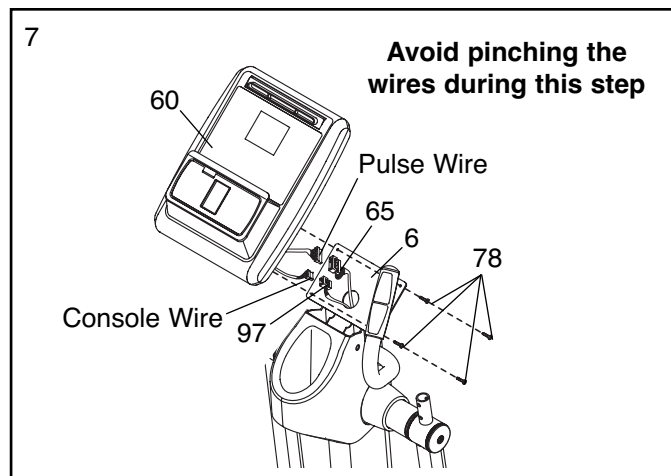
   Tip: Avoid pinching the wires during this step. Attach the Console (60) to the Upright (6) with four #8 x 3/4" Screws (78).

7

Avoid pinching the wires during this step

60

Pulse Wire

65

6

78

Console Wire

97

8. Identify the Right Handlebar (31), which is marked with a "Right" sticker and orient it as shown. Attach the Right Handlebar to the right Upper Body Arm (12) with two 5/16" x 1.5" Button Bolts (73) and two 5/16" Nylon Locknuts (106). **Make sure that the Nylon Locknuts are in the hexagonal holes.**

   Repeat this step to attach the Left Handlebar (7) to the left Upper Body Arm (12).

8

7

31

106

73

Hexagonal Holes

12

12
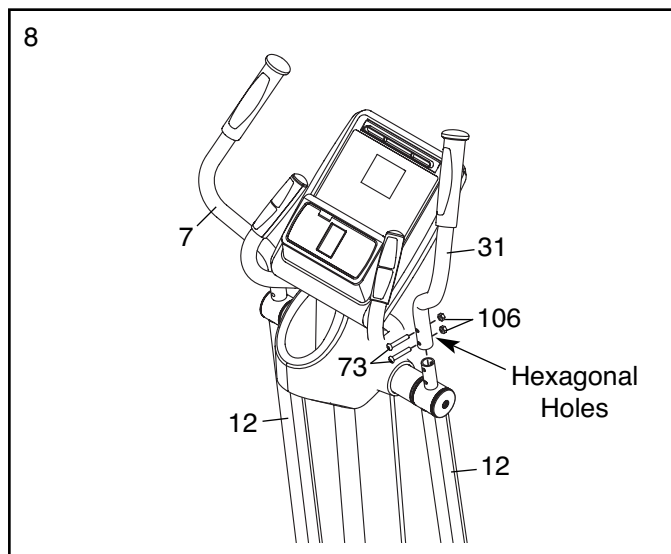
9. Plug the Power Cord (55) into the power socket at the rear of the elliptical exerciser (see HOW TO PLUG IN THE POWER CORD on page 10). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

   The ramp will calibrate automatically when the elliptical exerciser is plugged in for the first time.

9

55
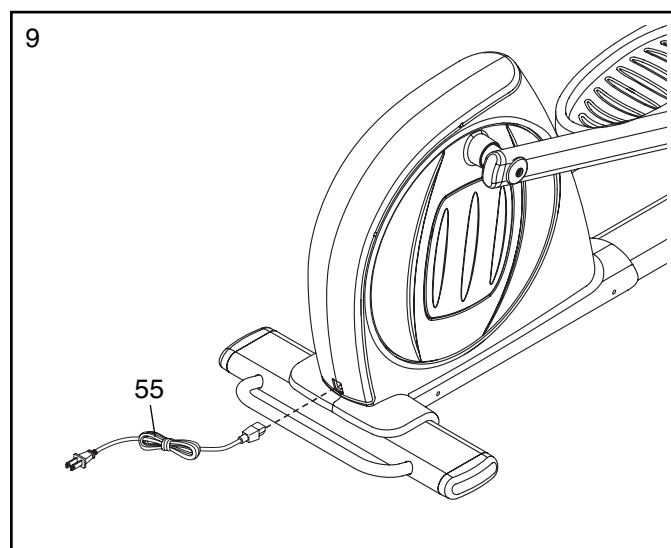
10. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

Grounded Outlet Box

Adapter

Lug
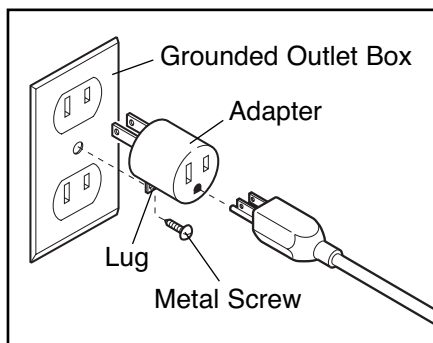
Metal Screw

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the handle on the rear of the frame until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.

Pull on upright

Place your foot here
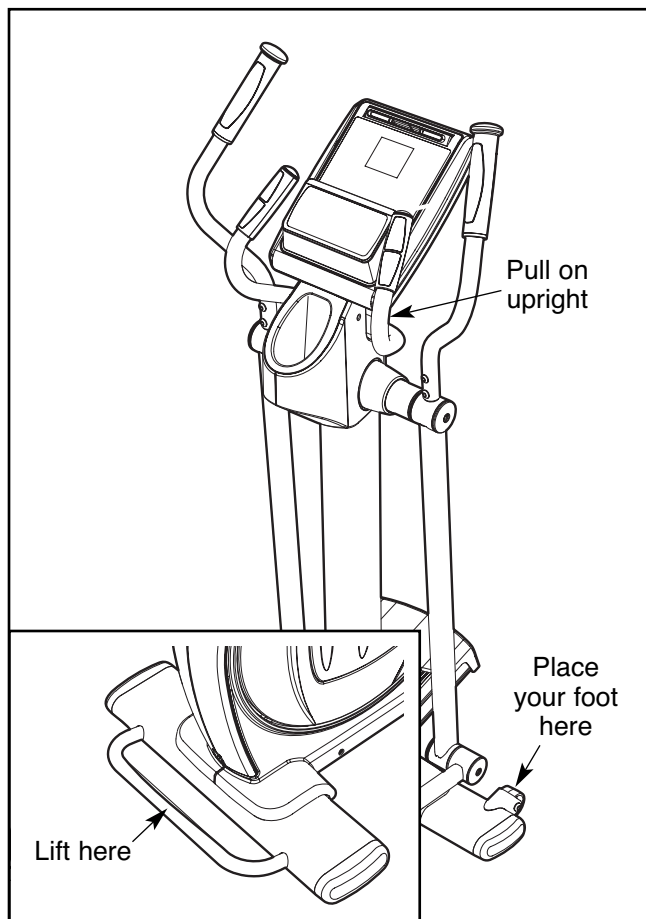
Lift here

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow at the right; however, for variety you can turn the crank arms in the opposite direction.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

Handlebars

Pedals

Crank Arm

11

CONSOLE DIAGRAM

QUICK INTENSITY CONTROL WORKOUTS

FAN

+

−

CUSTOM 1   START   ALT.   CUSTOM 2

3.8 7.10 54.9 0.17

RAMP●RPM PULSE   TIME   WATTS METS●CALS   RESIST ●DIST

QUICK TARGET TONING WORKOUTS

RAMP

HEART
GLUTES
CALVES

UPPER
QUADS
HAMS

RESISTANCE

+

−
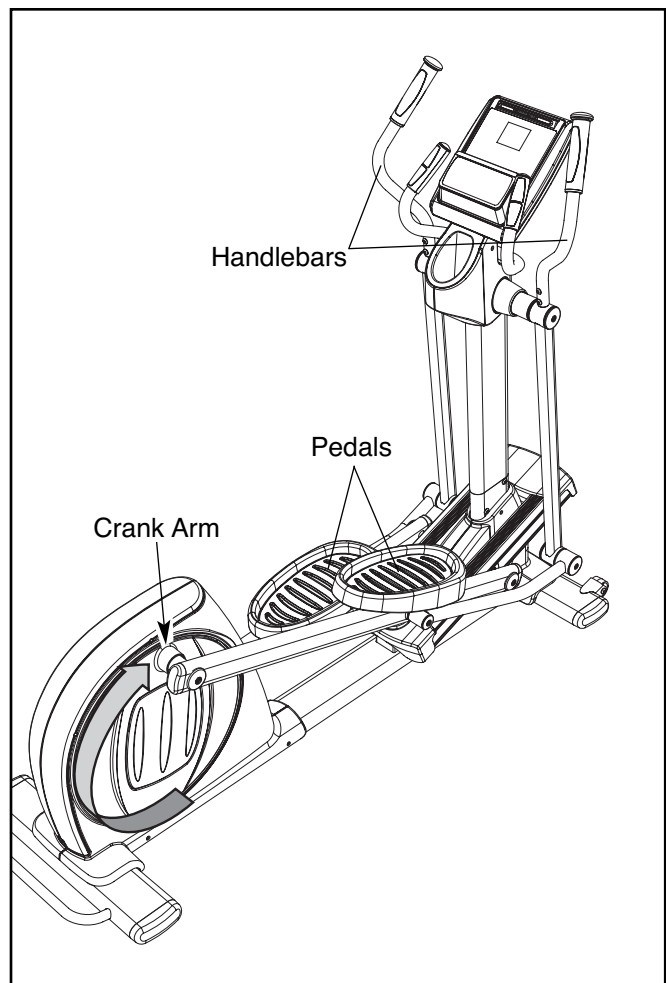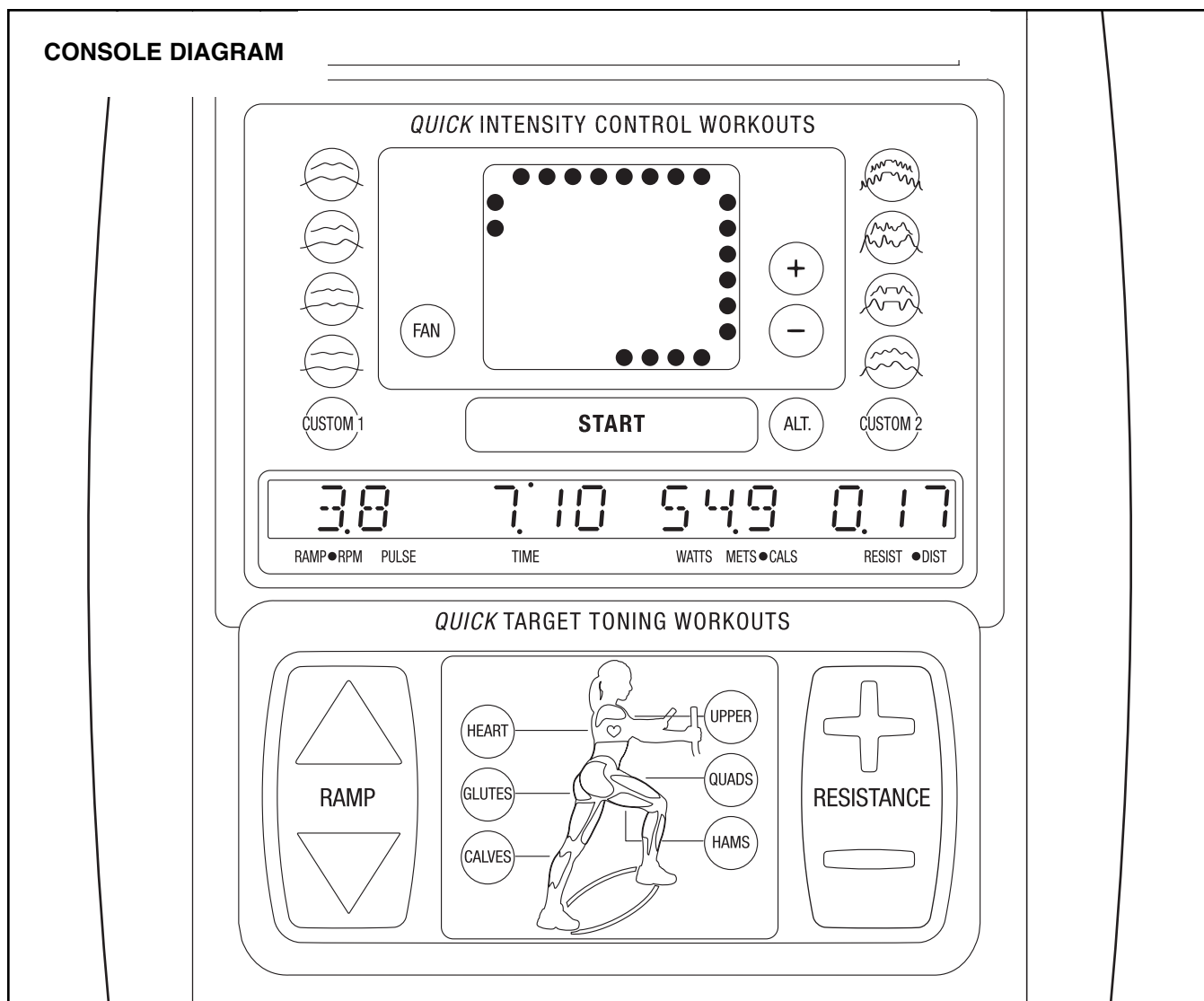
FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console features six target toning workouts designed to work specific areas of the body. The console guides you through each workout with a variety of exercise instructions while automatically changing the resistance of the pedals and the incline of the ramp.

The console also offers sixteen intensity control workouts. Each intensity control workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console offers two custom workouts that allow you to create your own workouts and store them in memory for future use.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a target toning workout,** see page 15. **To use an intensity control worko**ut, see page 17. **To create a custom workout,** see page 18. **To use a custom workout,** see page 19.

HOW TO USE THE MANUAL MODE

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Intensity Control Workouts or Quick Target Toning Workouts buttons repeatedly until a track appears in the matrix.
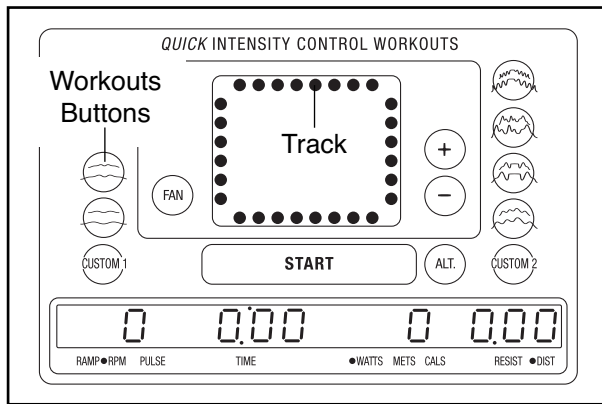

3. **Begin pedaling and change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the Ramp increase and decrease buttons. Note: After you press the buttons, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

   The far left section of the display—This section of the display will show your pedaling pace (in revolutions per minute) and the ramp incline level for a few seconds each time the ramp incline level changes. This section of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 14).
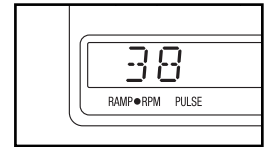
   The center left section of the display—This section of the display will show the elapsed time. Note: During a workout, except for a custom workout, the display will show the time remaining in the workout.

   The center right section of the display—This section of the display can show your power output in watts, your exercise intensity in mets, and the approximate number of calories you have burned. Press the ALT. button repeatedly to view the desired exercise information.
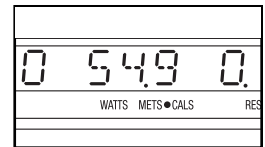
   The far right section of the display—This section of the display will show the distance you have pedaled (in miles) and the resistance level of the pedals for a few seconds each time the resistance level changes.
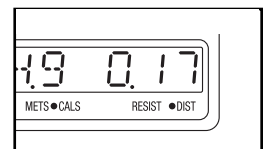
   The matrix—The matrix will show a track representing 1/4 mile. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

13
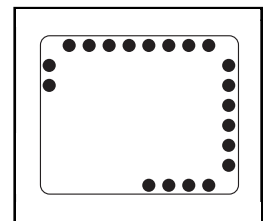
5. **Measure your heart rate if desired.**

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

Contacts

When your pulse is detected, two or three dashes will appear in the display and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

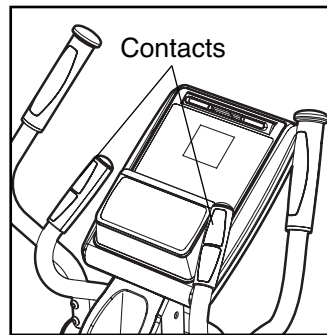If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a series of tones will sound and the console will pause.

If the pedals do not move for about five minutes, the console will turn off and the display will be reset.

When you are finished exercising, unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the elliptical exerciser may wear prematurely.**

HOW TO USE A TARGET TONING WORKOUT

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. Select a target toning workout.

To select a target toning workout, press the Quick Target Toning Workouts button that has the name of the desired workout.

When you select a target toning workout, the name of the workout will appear in the display for a few seconds and a profile of the resistance levels of the workout will scroll across the matrix.
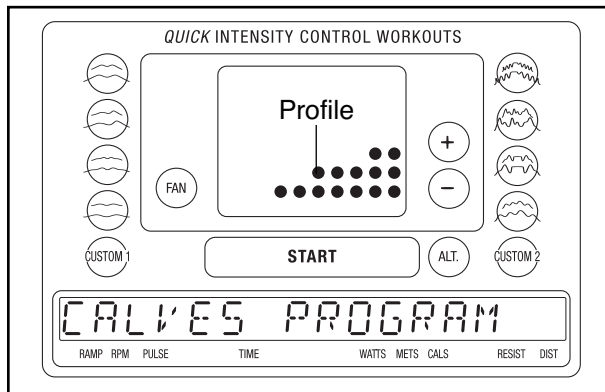

3. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level, one ramp incline level, and one target pace setting are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level or ramp incline level is programmed for the next segment, the resistance level or the ramp incline level will appear in the display for a few seconds to alert you. The resistance of the pedals or the ramp incline level will then change.

As you exercise, the console will display a variety of exercise instructions. For example, the console may instruct you to pedal backwards or to use only your upper body during certain segments of the workout.

In addition, the colors on the lit muscle display will indicate your exercise intensity:

Color	Exercise Intensity
Pink	Low
Blue	Low
Green	Medium
Yellow	Medium
Orange	High
Red	High
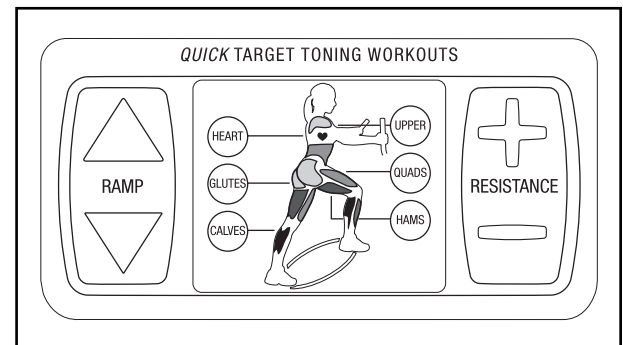
You will also be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**
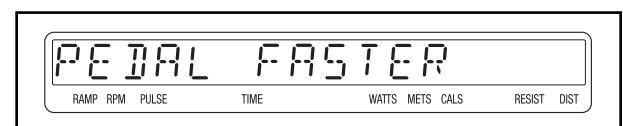
If the resistance level or the ramp incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance or the Ramp buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment and the ramp incline will automatically adjust to the incline level for the next segment. Note: You can also use the + and - buttons next to the matrix to adjust the resistance settings during an intensity control workout.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

When the workout is completed, the display will show a time of 0:00. If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. **Follow your progress with the display.**

   See step 4 on page 13.

5. **Measure your heart rate if desired.**

   See step 5 on page 14.

6. **Turn on the fan if desired.**

   See step 6 on page 14.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 14.

HOW TO USE AN INTENSITY CONTROL WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select an intensity control workout.**

   To select an intensity control workout, press the Quick Intensity Control Workouts button that has the profile of the desired workout once for a shorter workout or twice for a longer workout.

   When you select an intensity control workout, the name of the workout will appear in the display for a few seconds and a profile of the resistance levels of the workout will scroll across the matrix.
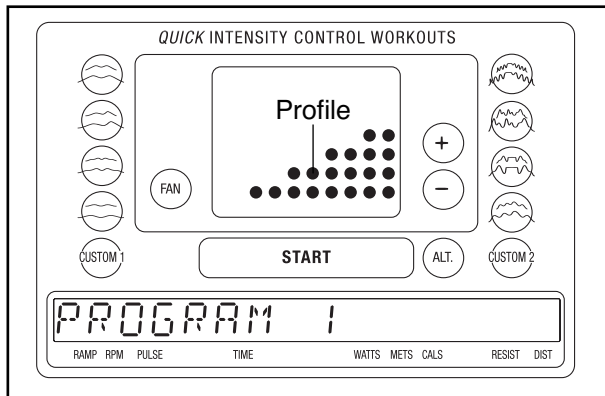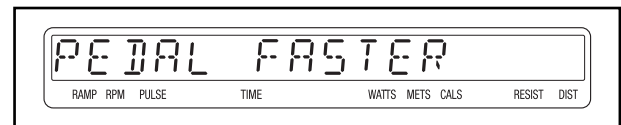

3. **Begin pedaling to start the workout.**

   Each workout is divided into 20, 30, 45, or 67.5 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing to the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

To increase or decrease the overall intensity of the workout, press the + and - buttons next to the matrix. The resistance levels of all remaining segments in the workout will then increase or decrease proportionately.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

When the workout is completed, the display will show a time of 0:00. If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. **Follow your progress with the display.**

   See step 4 on page 13.

5. **Measure your heart rate if desired.**

   See step 5 on page 14.

6. **Turn on the fan if desired.**

   See step 6 on page 14.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 14.

HOW TO CREATE A CUSTOM WORKOUT

1. Press any button on the console or begin pedaling to turn on the console.

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. Select a custom workout.

To select a custom workout, press the CUSTOM 1 or the CUSTOM 2 button. When you select a custom workout, the words CUSTOM 1 or CUSTOM 2 will appear in the display for a few seconds and a profile of the resistance levels of the workout will scroll across the matrix.
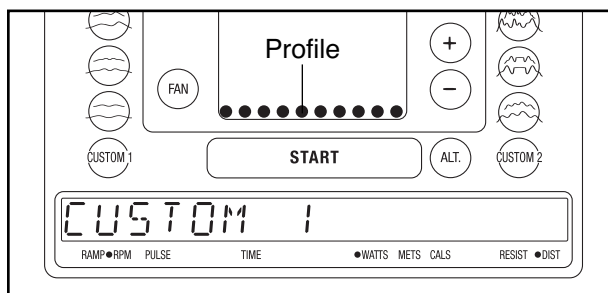
3. Begin pedaling to start the workout, and program the desired settings.

Each custom workout is divided into 40 one-minute segments. You can program one resistance level and one target pace setting for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Resistance buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the workout will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Stop pedaling when you are finished with your workout. The workout you created will then be stored in memory. Note: If your workout is less than forty minutes long, any remaining segments in the workout will be stored with the default resistance level and target pace.

4. When the workout is finished, the console will turn off automatically.

See step 7 on page 14.

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HOW TO USE A CUSTOM WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

   When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select a custom workout.**

   To select a custom workout, press the CUSTOM 1 or the CUSTOM 2 button. When you select a custom workout, the words CUSTOM 1 or CUSTOM 2 will appear in the display for a few seconds and a profile of the resistance levels of the workout will scroll across the matrix. **Note: If only the first row of indicators in the matrix is lit, see HOW TO CREATE A CUSTOM WORKOUT on page 18.**
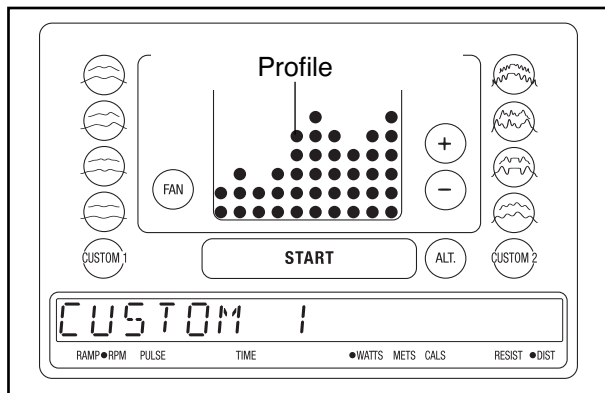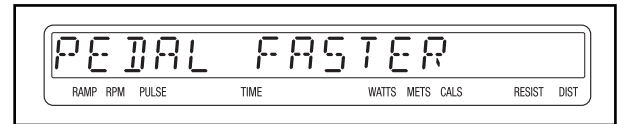

3. **Begin pedaling to start the workout.**

   Each custom workout can have up to 40 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress. The flashing segment of the profile (see the drawing above) represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When the words PEDAL FASTER appear in the display, increase your pace. When the words PEDAL SLOWER appear, decrease your pace. When no words appear, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. **Change the workout if desired.**

   If desired, you can change the workout while using it. **To change the resistance level for the current segment,** simply press the Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment,** simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the workout for up to forty minutes.

5. **Follow your progress with the display.**

   See step 4 on page 13.

6. **Measure your heart rate if desired.**

   See step 5 on page 14.

7. **Turn on the fan if desired.**

   See step 6 on page 14.

8. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 14.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in. If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 14.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, hold down the Start button and the Resistance increase button for about 5 seconds until the display on the console changes. Next, press the Start button once, and then press the Ramp increase button. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated. Then, press the Start button repeatedly to return to the manual mode.

HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted.

To adjust the belt, first carefully pry off the right Disc Cover (41) using a flat screwdriver. Next, remove the four screws (not shown) from the center of the right Pedal Disc (40). Gently rotate the Disc away from the elliptical exerciser.
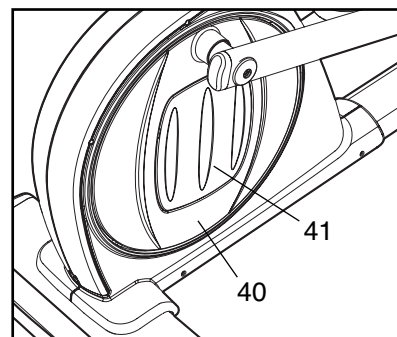
Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler (B) and the Idler Pulley (C). Pull the top of the screwdriver toward the front of the elliptical exerciser until the Belt (57) is tight. Then, tighten the three screws.
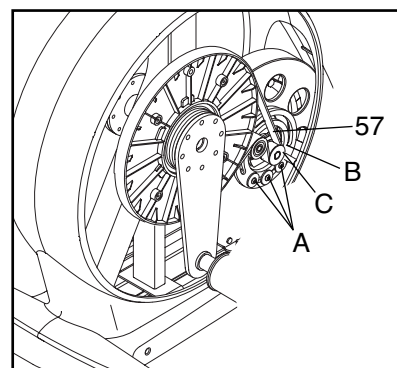
Reattach the right disc with the four screws and then reattach the right disc cover.

EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	🫀
145	*138*	*130*	*125*	*118*	*110*	*103*	🖤
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
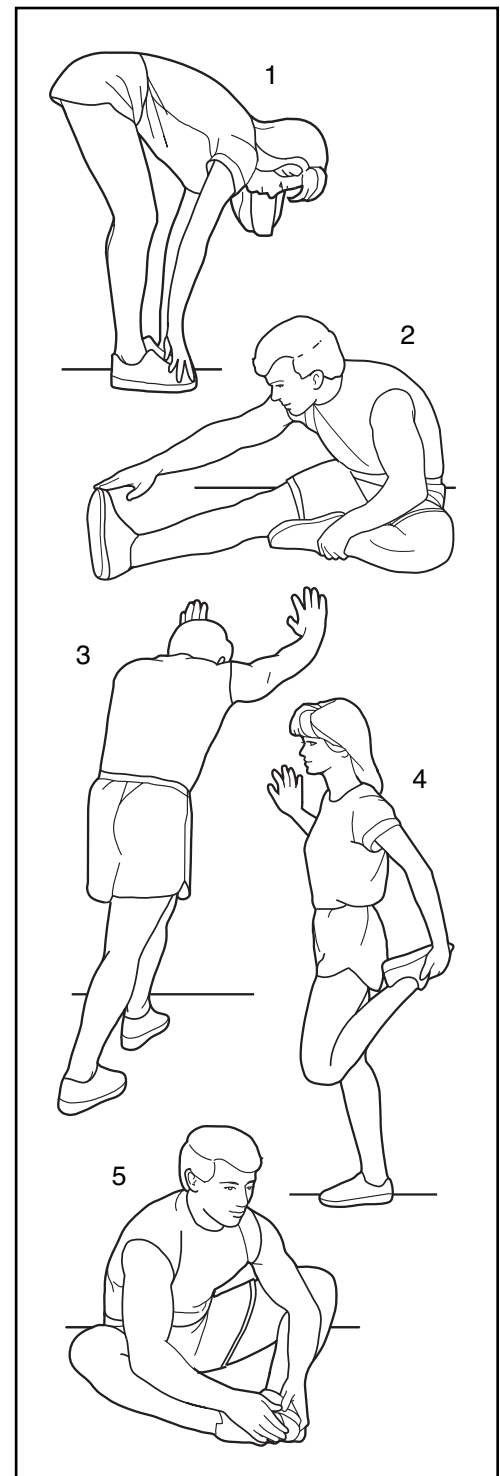
NOTES

PART LIST—Model No. PFEL07807.1

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	4	Stabilizer Endcap
2	1	Front Stabilizer	49	2	Leveling Foot
3	1	Rear Stabilizer	50	2	Foot
4	1	Ramp	51	2	Wheel
5	1	Right Ramp Cover	52	1	Left Pivot Cover
6	1	Upright	53	1	Right Pivot Cover
7	1	Left Handlebar	54	1	Lower Wire Harness
8	1	Right Pedal Arm	55	1	Power Cord
9	1	Left Pedal Arm	56	1	Left Pedal Assembly
10	1	Right Link Arm	57	1	Belt
11	1	Left Link Arm	58	1	Clamp
12	2	Upper Body Arm	59	4	"E" Clip
13	1	Left Lift Arm	60	1	Console
14	2	Crank Arm	61	1	Bottle Holder
15	2	Crank Hub	62	1	Right Pedal Assembly
16	1	Hub Spacer	63	4	Upper Body Arm Bushing
17	1	Large Pulley	64	2	Lift Bracket
18	2	Crank Bearing Set	65	1	Hand Pulse Grip/Wire
19	1	Crank Spacer	66	4	Pedal Arm Endcap
20	1	Crank	67	4	Small Axle Cover
21	1	Eddy Mechanism	68	4	Medium Axle Cover
22	1	Right Lift Arm	69	1	Lift Motor Stop
23	1	Lift Motor	70	4	Bearing
24	1	Lift Axle	71	4	Pivot Spacer
25	1	Lift Pin	72	2	Hand Grip
26	1	Transformer	73	4	5/16" x 1.5" Button Bolt
27	1	Control Board	74	4	#6 x .375" Screw
28	1	Control Box	75	2	1/2" Hairpin
29	1	Control Box Cover	76	8	M8 x 18mm Button Screw
30	1	Left Ramp Cover	77	4	M6 Nylon Locknut
31	1	Right Handlebar	78	41	#8 x 3/4" Screw
32	4	Ramp Wheel	79	10	#10 x 1/2" Screw
33	1	Pivot Axle	80	10	#10 Fender Washer
34	1	Ramp Axle	81	11	5/16" x 1" Patch Screw
35	2	Bushing	82	2	3/8" x 1" Flange Screw
36	2	Lift Axle Bushing	83	8	M8 x 20mm Patch Screw
37	1	Power Inlet	84	2	M10 x 20mm Button Screw
38	1	Right Side Shield	85	2	3/8" Nylon Locknut
39	1	Left Side Shield	86	1	1/2" x 1 3/4" Pin
40	2	Pedal Disc	87	2	M12 x 25mm Button Screw
41	2	Disc Cover	88	8	5/16" x 2 1/2" Button Screw
42	1	Left Ramp Axle Cover	89	4	Pedal Arm Bushing
43	1	Right Ramp Axle Cover	90	2	Snap Ring
44	1	Front Ramp Cover	91	5	#8 x 1/2" Screw
45	1	Rear Ramp Cover	92	4	3/8" Washer
46	6	Pivot Bushing	93	4	5/16" x 1/2" Button Screw
47	1	Reed Switch/Wire	94	6	Large Axle Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
95	2	3/8" x 3/4" Button Screw	110	6	M10 Split Washer
96	2	3/8" x 2 1/2" Button Screw	111	10	M6 Split Washer
97	1	Upper Wire Harness	*	–	10" Ground Wire
98	4	M8 x 35mm Button Screw	*	–	14" White Jumper Wire F/F
99	4	M8 Nylon Locknut	*	–	14" Black Jumper Wire F/F
100	2	3/8" x 1" Patch Screw	*	–	60" Wire Harness
101	2	M12 Fender Washer	*	–	60" Jumper Wire Harness
102	6	5/8" Wave Washer	*	–	70" Wire Harness
103	2	3/4" Wave Washer	*	–	Lift Motor Reed Switch/Wire
104	6	5/16" Washer	*	–	Ground Wire
105	5	5/16" Split Washer	*	–	Middle Wire Harness
106	4	5/16" Nylon Locknut	*	–	Lift Power Wire
107	1	Right Pedal Plate	*	–	Power Jumper Wire
108	6	M10 x 20mm Patch Screw	*	–	User's Manual
109	1	Left Pedal Plate	*	–	Hex Key

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
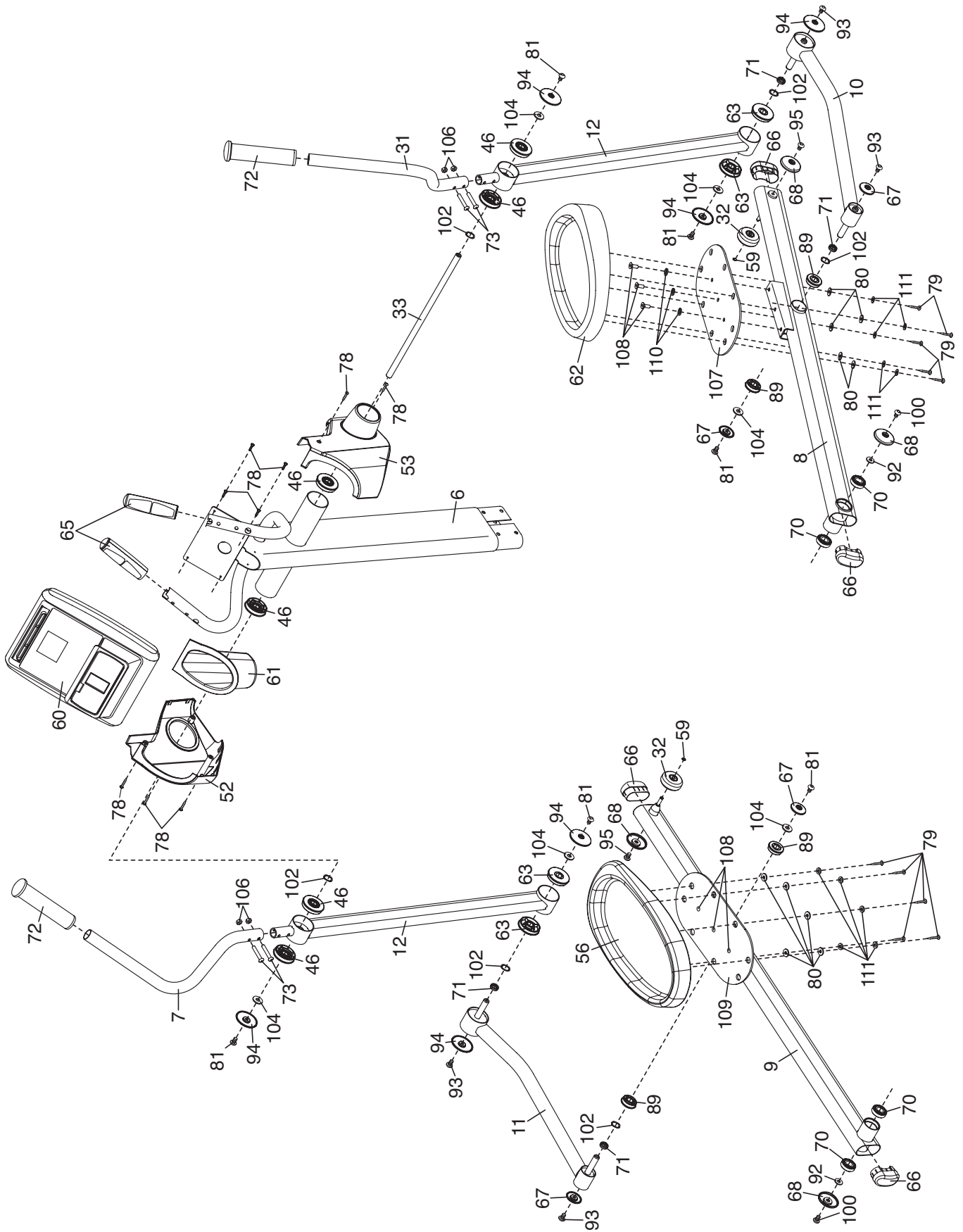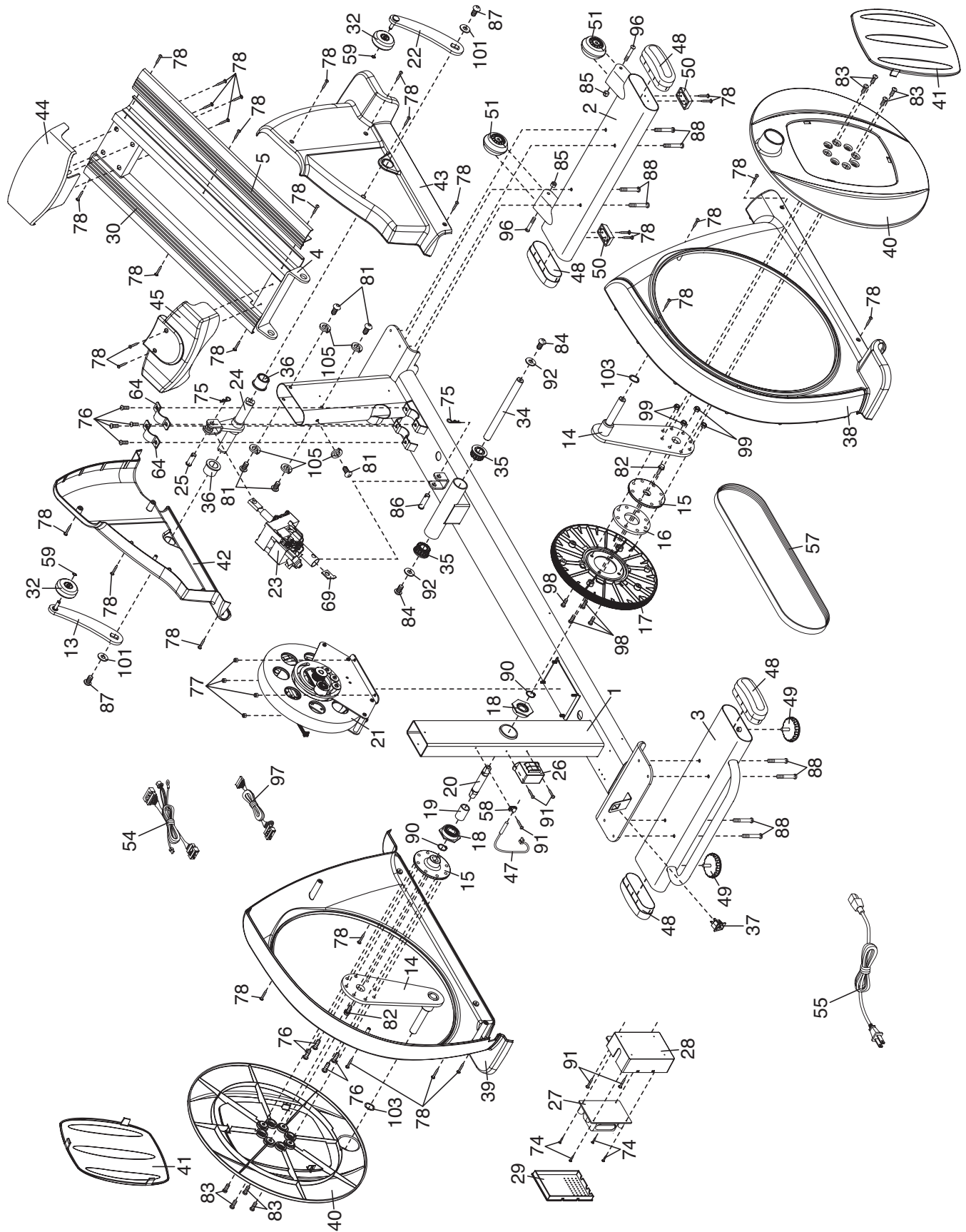
ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. There is a lifetime warranty on the frame. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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